

Yoga to the People™



TEACHER TRAINING MANUAL



~Welcome and thank you for choosing to do your teacher training at Yoga to the People (YttP). My intention when choosing to offer a teacher training was to do it differently. It wouldn't be enough to simply meet the "requirements" for Yoga Alliance Certification. I wanted a training that would uphold and support the *Spirit* of **Yoga to the People** itself.

In being part of our donation based studio we aren't relying on our teachers to "sell" packages. We are a service first and business second. Our teachers are not telling our students what to do but rather inviting them into a journey of self discovery.

Anatomy of yoga is important, yet in my experience if we can create a space for people to *breathe deeply* and *feel fully* we do a better service still. You often hear that there isn't a "perfect pose". Well, I agree with that and it's why in becoming a teacher it's your spirit and passion and love that I want for you to lead with.

YttP's mantra reflects our vision and over the past 10 years I've seen that mantra come to life day after day. Our teachers realize that being of service is the ultimate teaching. Teaching yoga can be a very ego fulfilling experience. Your students in their gratitude, graciousness and kindness will heap upon you all kinds of undeserved praise. Be humble in your listening and remind them, "Thank you, you're incredibly kind and **you** created this incredible feeling; it's you." Take the time to empower them to recognize glimpses of their own strength, their own power and growth.

In helping a student understand that they are creating *their experience* from the choices they make moment-by-moment and breath-by-breath we help affirm that they are the architect of their own fate, as we all are. This can be both empowering and at moments frightening at the same time.

Our Basic sequence, which you are responsible to learn and become proficient with, is the vehicle by which you will instruct our classes. The Basic sequence is the cornerstone of our practice. It's broadly accessible and the consistency is designed for the newer students to have familiarity and achieve a sense of progress in their journey into yoga. We are not committed to our students having aesthetically pretty poses. If you can create an environment and space where our students listen to their bodies, remain connected to their breath and

move with equanimity and awareness, wellbeing will follow. Inviting your students to close their eyes as they move and breathe is an invitation for inner awareness and connectedness, in an outward based, external world this simple, subtle, meditative technique is the first step to peace and realization.

You will see as the training begins that you are not alone on this journey. Many others will accompany you as kindred spirits even if not obvious to you at first. They too have a passion to share and facilitate this yoga with others. Inevitably, you will become close as a group throughout these weeks. You will discover places within yourself you never knew existed and you will find unexpected support, friendship and love in one another. It's almost impossible to do this training and not reveal yourself. Above all other expressions of gratitude, delight and joy.... "I had no idea this was going to impact me so personally" is by far the most common response to the training. You will come to know one another and yourself uniquely. So, engage, connect and stretch yourselves together.

The Training staff is committed to your success and growth. You will find them challenging, endearing and unwaveringly devoted to your journey and enormously supportive all the while holding you accountable along the way.

So take a deep breath and open your heart and mind. Allow yourself the gift and freedom of "not knowing", of not having to be "in control". For many the idea of giving up control sounds like being at the mercy of others. Rather, it provides an opportunity to see things with a kind of freedom we rarely gift ourselves.

G
Founder YttP

Child's Pose Balasana

We begin our vinyasa practice in child's pose. It is an opportunity to establish a student's awareness of his or her breath, to notice the body's physical state of being, and to draw focus to the task at hand- coming back to the breath when the mind wanders and the body begins to move.

Students are invited to return to child's pose anytime during class, especially when the breath becomes strained or held, or the mind becomes overwhelmed with extraneous thoughts.



Getting into the Pose

- Hips on heels, forehead to the mat
- Hands in front with palms face down or back by hips with palms face up
- Release toes so tops of the feet are on the floor
- Knees together or apart
- Arms resting on mat
- Gravity takes the yielding body deeper into pose

Modifications

- Bring the arms to the sides, palms face up
- Draw the knees together

Benefits

- Slows heart rate
- Creates full body rest

Anatomy & Notes:

Downward Facing Dog Adho Mukha Svanasana

Getting into the Pose

- Upside down “V” shape
- Hands shoulder width apart, feet hips width
- Middle fingers, middle toes face forward
- Fingers spread wide, pressing into “L” shape created by the index finger and the thumb
- Pressing away from floor, out of the shoulders
- Heart gently pressing toward the thighs
- Navel in, belly toward the spine
- Hips lift to the sky, tail bone tilting up
- Heels press towards the floor, lengthening along the back of the legs
- Head hangs heavy, neck is soft
- Triceps are active as you squeeze elbows straight resisting collapse in shoulders



Be Watchful of

- Arching or rounding of the back
- Hyper extending the elbows and hunching shoulders

Modification

- Bending the knees as needed

Benefits

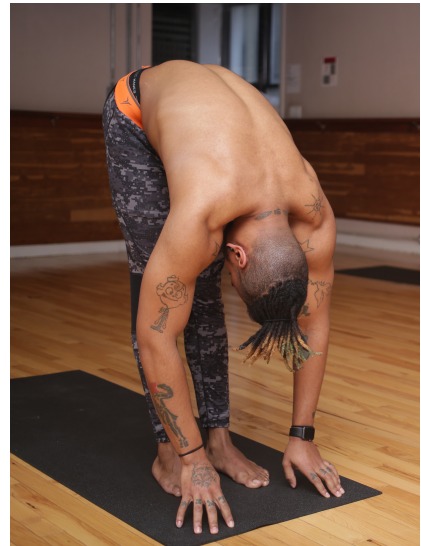
- Decompress the spinal column
- Strengthens the shoulders and arms
- Opens the shoulder girdle and trapezius
- As an inversion, this brings fresh oxygen to central nervous system

Anatomy & Notes:

Ragdoll / Forward Fold Uttanasana

Getting into the Pose

- Fold forward from the hips
- Hips over the heels
- Soften, relax the neck
- Let gravity take the weight of the head and upper body toward the floor
- Lengthen along the back of the legs by rocking weight a little forward
- Arms folded not held, or they hang heavy



Be Watchful of

- Hyper extending knees

Modification

- Bend the knees as needed

Benefits

- Brings deep spinal release
- Opens the back of the body
- Oxygenates the central nervous system (brain and spinal column)
- Soothes, revitalizes and neutralizes the central nervous system
- Stimulates and rinses abdominal organs

Anatomy & Notes:

Half-Lift Urdhva Mukha Uttanasana

Getting into the Pose

- Flat back, lengthen sternum (heart) forward towards the front of the room
- Fingertips touching the floor, or on shins
- Chin away from chest, crown of the head reaching forward
- Sternum away from navel
- Navel drawn in, belly towards the spine



Be Watchful of

- Rounding the back and/or shoulders

Modifications

- Bend the knees as needed
- Bring hands to shins or thighs

Benefits

- Elongates spine
- Tones obliques (abdominal muscles that run around the sides of the body)
- Strengthens spine

Anatomy & Notes:

Mountain Pose – Palms pressed Tadasana

Getting into the Pose

- Feet together, toes and heels touching
- Inhale arms up overhead, palms pressed
- Elbows straight, shoulders relaxed and down, not hunched
- Spine long, growing, lengthening upwards while tailbone reaches down
- Navel drawn in, belly towards the spine
- Pelvis in a neutral position, not tilting backwards
- Draw up on knees, up on thighs
- Soles of feet firmly pressing into mat
- Lift out of base of spine to glance back, reach back (moderate back bend)
- Press hips forward, open chest as fingertips reach along the ceiling towards back of room



Be Watchful of

- Shoulders hunched up near ears
- Elbows bent
- Arching in lower spine



Modification

- Bring feet hip-distance apart
- Hands shoulder-width apart, fingers spread wide, pinkies tilt towards each other

Benefits

- Decompresses vertebral column
- Ignites nervous system
- Strengthens shoulders
- Opens the chest

Anatomy & Notes:

Plank – Upper Push Up Dandasana

Getting into the Pose

- Hands shoulder-width apart, palms flat pressing into mat
- Shoulders, elbows, wrists stacked in one line on top of each other
- Hips lifted slightly in line with shoulders, not sinking in lower spine
- Engage the core, strong
- Press away from floor so ears are lifted away from shoulders
- Heels drawing towards back of the room
- Crown of the head and sternum lengthen towards front of room



Be Watchful of

- Collapsing hips and compressing lower back

Modification

- Bring the knees to the floor as needed

Benefits

- Stimulates upper and lower body integration
- Creates bicep, tricep, shoulders and chest opening
- Strengthens abdominal wall and obliques

Anatomy & Notes:

Upper to Lower Push Up Chaturunga Dandasana

Getting into the Pose

- From upper push up, lower slow on exhale, resisting gravity
- Elbows in close to the body, tucked at the sides
- Lead with the chest
- Keep the shoulder blades together and down the back
- Engage the core, solid, strong
- Keep pelvis in a neutral position



Be Watchful of

- Collapsing of lower back
- Flopping to the floor
- Elbows out to the side – like a traditional push up

Modifications

- Use the knees

Benefits

- Creates full body stabilization
- Increases shoulder and tricep strength

Anatomy & Notes:

Upward Facing Dog Urdhva Mukha Svanasana

Getting into the Pose

- Inhaling the heart forward and up, opening the chest
- Hands directly underneath shoulders with joints stacked
- Push away from the floor with hands
- Roll shoulders down and back, away from the ears
- Shoulder blades squeezed together
- Tops of feet on the floor



Be Watchful of

- Shoulders hunched forward or up towards ears
- dropping the head back without support or crunching the neck

Modification

- Come to a low cobra pose (elbows bent)
 - Body down, hands flat beneath shoulders, belly pulled up and in, legs engaged with feet together. Lift the chin and chest slightly forward and up off the mat.

Benefits

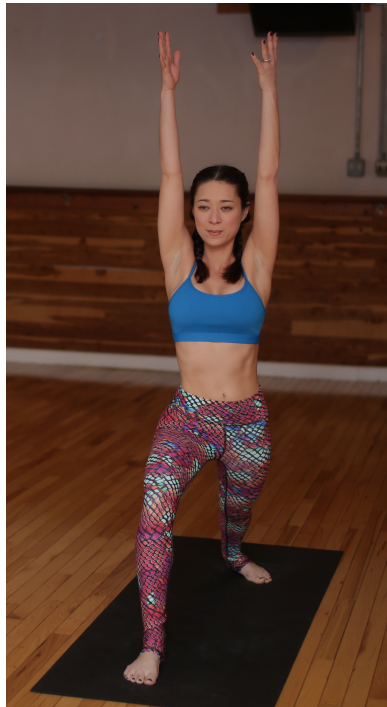
- Increases lung capacity by opening chest
- Lengthens abdominal muscles
- Strengthens shoulders, trapezius, and upper arm musculature

Anatomy & Notes:

Warrior I Virabhadrasana I

Getting into the Pose

- Step right foot forward between hands
- Release left heel down, foot flat
- Right heel in line with the left foot arch
- Inhale arms over head palms pressed



- Hips and shoulders are square to front of room
- Shoulders relaxed down, but arms active and elbows straight
- Front knee stacked over front ankle
- Back foot grounded, outside of foot gripping the mat
- Straighten and engage back leg strong
- Strong core, navel in
- Tailbone reaching downward while lifting through heart (spine lengthening)
- Glance up, inhale lower into lunge, arms reach back, exhale lengthen both arms down



Be Watchful of

- Back knee bending
- Front knee pressing forward past ankle, or swayed to either side
- Back foot not grounded, rolling over instep
- Collapsing into lower back, shoulders lifting towards ears

Modifications

- Hands shoulder-width apart, palms face each other, fingers spread wide
- Separate feet to hip-width apart
- Shorten the stance

Benefits

- Creates focus, awareness and power
- Increases flexibility of hips and torso
- Strengthens quadriceps

Anatomy & Notes:

Warrior II

Virabhadrasana II

Getting into the Pose

- From Warrior I, keep the feet in the same position with the joints stacked
- Exhale right arm forward left arm back
- Hips and shoulders now square to the side wall
- Gaze over right shoulder
- Shoulders stacked directly over hips so the ribcage isn't floating forward or back
- Tailbone tucked under, navel in, core engaged
- Base of spine drawing down, lifting through the heart, lengthening the spine



Be Watchful of

- Back knee bending
- Front knee pressing forward past ankle, or swayed to either side
- Back foot not grounded, rolling over instep
- Lower back swaying, arching – tail bone sticking out
- Collapsing into lower back, droopy arms

Modifications

- Same as Warrior I

Benefits

- Creates immense hip opening
- Sculpts glutes and thighs
- Increases concentration and focus

Anatomy & Notes:

Reverse Warrior Viparita Virabhadrasana

Getting into the Pose

- From Warrior II, foundation remains same, rotate right palm face up
- Inhale extend right hand forward, ribs over thigh
- On exhale reach right arm up over head towards back of the room
- Stay low in the lunge, front knee over ankle
- Back leg strong and straight, pull up on knee
- Outside of back foot gripping mat
- Tailbone tucked under, navel drawn in
- Lift through the heart, lifting ribs so not crunching on left side
- Right arm straight, fingers spread wide
- Left hand above or below left knee, or wraps around back, grabbing inner thigh
- Torso stays square to side wall, not twisting upward toward ceiling



Be Watchful of

- Front knee swayed to either side
- Back knee bending
- Back foot not rooted, rolling over instep
- Elbow bent
- Rear hand pressing onto rear knee
- Not lifting through ribs, crunching over sideways

Modification

- Lift slightly out of lunge if necessary

Benefits

- Creates immense hip opening
- Sculpts glutes and thighs
- Opens through rib cage

Anatomy & Notes:

Chair Pose Utkatasana

Getting into the Pose

- Feet hips-width apart, toes forward (feet parallel)
- Hips down like you're sitting in a chair, arms up
- Upper body back, lifted through heart
- Hands shoulder-width apart, palms facing one another, fingers spread, pinky fingers rotate inward
- Shoulders released down and back
- Tuck tailbone slightly to avoid over arching the lower spine
- Knees stay hips-width apart, stacked over feet



Be Watchful of

- Knees squeezing together
- Feet bowing in or out
- Shoulders hunched
- Elbows bent
- Over arching in lower back

Modification

- Sit less deeply
- Bring arms slightly forward if unable to straighten elbows



Benefits

- Strengthens the ankles, thighs, calves, and spine
- Stretches shoulders and chest
- Stimulates the abdominal organs, diaphragm, and heart

Thunderbolt Utkatasana

Getting into the Pose

- Feet together, toes and heels touching, weight in the heels
- Sit hips low, upper body back, slight compression in lower spine
- Arms up, palms pressed, biceps in line with the ears
- Knees together, inner thighs squeezing together
- Navel drawn in
- Tailbone tucked to avoid over arching the back
- Chin away from chest
- Shoulders down and back, arms active and strong

Be Watchful of

- Over arching in lower back
- Shoulders hunched near ears
- Weight forward into toes
- Elbows bent

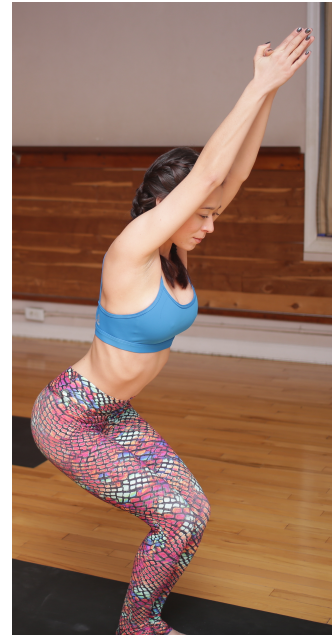
Modifications

- Sit less deeply
- Draw arms slightly forward if unable to straighten elbows

Benefits

- Tones back, quadriceps and hips
- Increases heart rate and therefore circulation
- Stimulates metabolism

Anatomy & Notes:



Prayer Twist

Parivrtta Utkatasana

Getting into the Pose

- From thunderbolt bring hands to heart center, palms pressed
- On exhale twist from below navel, bring left elbow over right knee
- Press thumbs to heart center, elbows and shoulders stacked
- Open chest and roll open top shoulder
- Knees in line, squeezing together
- Inner thighs active, weight in heels
- Glance up over right shoulder



Variations

Fly away –

- Left hand down to outside of right foot, left bicep or armpit over knee
- Right hand up, fingers spread wide, actively reaching
- Keep two hands stacked top to bottom, rolling top shoulder and chest open

Bind –

- Right arm behind the back, left arm underneath, two hands clasp
- If two hands don't meet, reach right hand to left inner thigh
- Continue to roll open shoulder and ribs

Be Watchful of

- Shoulder closed
- One knee protruding out past the other
- Palms too high, not at heart center

Modification

- Look down as needed
- Do not progress if not appropriate

Benefits

- Creates flexibility in spine
- Rinses internal digestive organs and kidneys
- Sculpts buttocks, thighs, erector spine muscles

Half Chair Ardha Utkatasana

Getting into the Pose

- Feet together, toes and heels touching, weight in the heels
- Sit hips down, stomach on the thighs chest on the knees
- Biceps next to ears, arms framing the face
- Interlace the fingers, release just the index fingers
- Fingers and arms pointing forward, parallel to the floor
- Lengthen spine long and straight, reaching forward through the sternum
- On inhale lift just the sternum/heart forward and up, keeping stomach glued to thighs



Be Watchful of

- Rounding back
- Arms pointing down at floor
- Weight forward into toes
- Elbows bent
- Exerting the neck



Modifications

- Less lift in upper body if discomfort in middle spine
- Glance down as necessary

Benefits

- Works thoracic (middle) spine
- Tones back, quadriceps and hips
- Increases heart rate and therefore circulation
- Strengthens the shoulders, ankles, thighs, calves, and spine
- Stimulates the abdominal organs, diaphragm, and heart

Anatomy & Notes:

Side Angle Parsvakonasana

Getting into the Pose

- From Warrior II, on exhale place right hand down to inside of right foot
- Left hand up, palm facing left wall, fingers spread wide
- Right knee stacked over right ankle
- Navel drawn in, core strong
- Glancing up over left shoulder, open the chest
- Outer edge of back foot gripping the mat
- Tailbone in a neutral position
- Continually draw back hip open

Be Watchful of

- Need for a block
- Upper shoulder closing, rolling down
- Back hip rolling forward (closing)
- Front knee pressing forward past ankle
- Rear knee bending
- Upper palm twisted to face wrong direction

Modifications

- Gaze down as needed
- Use a block, or place right elbow on right knee
- Shorten stance
- Lower rear knee to mat

Benefits

- Increases balance
- Sculpts the legs
- Stabilizes the knee musculature
- Opens the chest

Anatomy & Notes:



Extended Side Angle Utthita Parsvakonasana

Getting into the Pose

- On exhale, draw left arm over ear, palm face down
- One long line from outer edge of foot through fingertips
- Keep front knee over ankle
- Navel drawn in, lengthen spine long
- Left shoulder open, two shoulders stacked



Variation

- Place emphasis in right leg, draw right arm up to meet the left
- Hands shoulder-width with palms facing one another, or palms clasped
- Elbows squeezed straight, biceps next to ears
- Strong core for support
- Left shoulder open, stacked directly above right shoulder
- Continually lengthening spine long, crown of head reaching towards front of room



Be Watchful of

- Students forcing the variation
- Upper shoulder closing
- Front knee pressing past angle

Modifications

- Gaze down as needed
- Place the right elbow on the right thigh

Benefits

- Increases balance
- Sculpts the legs
- Stabilizes the knee musculature
- Opens the chest

Revolved Side Angle Parivrtta Parsvakonasana

Getting into the Pose

- Left hand down to inside of right foot (or block)
- Right hand up active, fingers spread wide
- Spiral open from below the navel to sternum
- Draw left shoulder towards right knee
- Roll open right shoulder and chest
- Lengthen spine long, crown of head reaching forward



Be Watchful of

- Need for block
- Closing upper shoulder
- Front knee pressing past angle
- Rear knee bending
- Rear heel lifted off mat

Modifications

- Gaze down as needed
- Lower rear knee to mat

Benefits

- Strengthens and stretches the legs, knees, and ankles
- Stretches the groins, spine, chest and lungs, and shoulders
- Stimulates abdominal organs
- Increases stamina
- Improves digestion and aids elimination
- Improves balance

Anatomy & Notes:

Bound Extended Side Angle I Baddha Utthita Parsvakonasana I

Getting into the Pose

- From revolved side angle, release right hand down to inside of right foot
- Bring upper body down inside of right thigh
- Wrap right arm underneath the right knee, behind the calf, both hands meet at of angle (for right side, wrap arm under leg counterclockwise)
- Bring right shoulder under right knee if possible
- Relax neck, drawing forehead to shin
- Forearms, elbows and wrists off the mat

Be Watchful of

- Arms wrapped wrong direction
- Hands, wrists and forearms resting on mat
- Rear heel lifting off mat
- Front knee pressing forward past ankle
- Rear knee buckling

Modifications

- Lower rear knee to mat

Benefits

- Increases balance
- Strengthens the glutes
- Increases stamina

Anatomy & Notes:



Bound Extended Side Angle II Baddha Utthita Parsvakonasana II

Getting into the Pose

- Bring left arm behind the back
- Keep right arm underneath the right thigh and bring hand to meet left hand behind back
- Spiral open from navel to sternum, opening left shoulder to ceiling
- Chin away from chest, sternum lengthening away from navel
- Navel drawn in, core strong
- Strong and solid rear leg, outside of rear foot stays grounded into mat
- Glance over left shoulder



Be Watchful of

- Closing upper shoulder, rolling down toward floor
- Hunching over to left
- Front knee pressing forward past ankle
- Rear knee buckling

Modifications

- Lower rear knee to mat
- Grab clothing if can't reach hands



Benefits

- Stretches the groin, hips, chest, shoulders, and the entire side body
- Strengthens and lengthens the spine
- Opens the chest and shoulders
- Stretches and strengthens the ankles, knees, legs, and abdomen
- Strengthens the gluteal muscles
- Increases stamina

Power Lunge

Getting into the Pose

- From Down Dog, step right foot through hands, release left heel down
- Front knee stacked over ankle
- Bring arms back, hands back by hips, like airplane wings
- Palms face down, fingers spread wide
- Navel drawn in, core strong
- Square off hips, shoulders parallel to the mat
- Heart and sternum draw forward, lengthening spine
- Back leg strong, outside of rear foot grips mat
- Neck neutral in line with spine, gaze out in front of foot
- Optional: Interlace fingers, hands reaching towards back of room, opening chest



Variation

- Draw arms forward, shoulder-width, palms face each other, biceps next to ears
- Fingers spread wide, reaching actively forward
- Torso stays low near thigh, spine very long and flat
 - Core engaged strong



Be Watchful of

- Front knee pressing past ankle
- Rounded spine

Modifications

- Interlace fingers behind back
- Hands to front thigh for support

Benefits

- Stretches and opens the chest and shoulders
- Strengthens and lengthens the spine
- Strengthens the abdominal, gluteal and leg muscles
- Increases stamina

Triangle Pose Trikonasana

Getting into the Pose

- From Warrior II, squeeze right leg straight
- On inhale reach forward, ribs over thigh
- On exhale place right hand down to inside of right foot, left arm up
- Left palm facing left wall, fingers spread wide, arms active
- Spine long, sternum away from navel reaching forward
- Chin away from the chest, glance up over left shoulder
- Navel drawn in



Variation

- Release left arm behind the back, reaching for inside of right thigh
- Left shoulder rolls open, opening chest and ribs upward
- Chin away, glancing up over left shoulder



Be Watchful of

- Bent or hyper-extended front knee
- Collapsing in lower back
- Bent rear leg

Modifications

- Shorten stance (step back foot in a few inches)
- Place bottom hand on shin or thigh
- Gaze down as necessary

Benefits

- Creates opening through sternum, ribcage, cardiovascular system
- Creates space throughout trapezius, scapulae and erector spinae muscles
- Stretches the side of the body

Revolved Triangle Pose Parivrtta Trikonasana

Getting into the Pose

- Left hand down to the inside or outside of right foot, right arm up
- Two hands and shoulders stacked in one line
- Open through right shoulder and ribs
- Sternum lengthening away from navel
- Keeping hips level, step back foot in if necessary
- Chin away from chest, glance up over right shoulder

Be Watchful of

- Right shoulder closing, collapsing
- Bent or hyper-extended front knee
- Hips out of alignment
- Bent rear leg, rear heel lifting off mat

Modifications

- Shorten stance (step back foot in a few inches)
- Place bottom hand on shin or thigh, or use a block
- Glance down as necessary

Benefits

- Strengthens and stretches the legs, hips and spine
- Opens the chest and shoulders
- Stimulates the abdominal organs
- Improves sense of balance

Anatomy & Notes:



Eagle Pose Garudasana

Getting into the Pose

- From Thunderbolt , exhale the right arm underneath the left
- Cross the arms at elbows and wrists
- Press the palms together, thumbs towards the face
- Bring the right leg up and over the left
- Wrap the right ankle below the left calf
- Square the hips and shoulders, keep spine straight
- Keep the pelvis in a neutral position
- Draw the scapulae down and back

Be Watchful of

- Arms not wrapped correctly, pinkies towards face
- Torquing the hips
- Over arching lower back

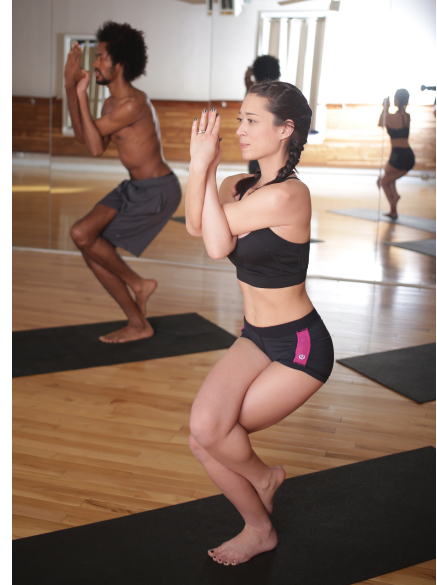
Modifications

- Set toes of raised foot to the floor outside the standing leg for balance
- Hug chest bringing hands to opposite shoulders

Benefits

- Bring fresh blood to legs, sexual organs and kidneys
- Firms abdominal wall
- Increases flexibility of upper and lower extremity joints
- Stretches trapezius and deltoid muscles

Anatomy & Notes:



Airplane Virabhadrasana III Variation

Getting into the Pose

- From eagle pose release arms back by hips, palms face down like airplane wings
- Release right leg straight back
- Hips and shoulders level, parallel to the floor
- Navel drawn in, core strong for support
- Lengthen through crown of head forwards
- Eyes gaze out in front of left foot
- Left standing leg strong, solid, pull up on knee

Be Watchful of

- Hyper extending standing knee
- Hips and shoulders not level

Benefits

- Strengthens the ankles and legs
- Strengthens the shoulders and muscles of the back
- Tones the abdomen
- Improves balance and posture

Anatomy & Notes:



Warrior III Virabhadrasana II

Getting into the Pose

- From airplane, draw arms out long in front, biceps next to ears
- Hands shoulder-width, palms face each other, fingers spread wide
- Hips and shoulders level, parallel to the floor
- Navel drawn in, core strong for support
- Lengthen through crown of head forwards
- Eyes gaze out in front of left foot
- Left standing leg strong, solid, pull up on knee



Be Watchful of

- Hyper-extending standing knee
- Hips not level, lifted hip opening up

Modifications

- Hands to hips for balance

Benefits

- Strengthens the ankles and legs
- Strengthens the shoulders and muscles of the back
- Tones the abdomen
- Improves balance and posture

Anatomy & Notes:

Half Moon Pose Ardha Chandrasana

Getting into the Pose

- From airplane or Warrior III, release right fingertips down in front of right foot
- Rotate shoulders and hips open to the left wall
- Hips and shoulders stacked on top of each other
- Left arm up, palm facing left, fingers spread, 2 arms stacked in one line
- Glance up over left shoulder
- Navel drawn in
- Strong standing leg, draw up on knee
- Standing leg bears most of weight, fingertips used for balance
- Sternum drawing forward, lifted leg reaching back, spine lengthening



Be Watchful of

- Hyper-extending standing knee
- Top hip and shoulder not open and stacked

Modifications

- Use a block under right hand
- Keep left hand on hip for balance

Benefits

- Strengthens the abdomen, ankles, thighs, buttocks, and spine
- Stretches the groins, hamstrings and calves, shoulders, chest, and spine
- Improves coordination and sense of balance
- Helps relieve stress
- Improves digestion

Anatomy & Notes:

Crescent Lunge Anjaneyasana

Getting into the Pose

- From Downward Facing Dog, step the foot forward in between the hands
- Rear foot does not release sideways, toes face forward, heel off the floor
- The feet are hip-width apart
- Stack the front knee over the ankle
- Keep the rear leg straight and engaged strong, rear heel reaching down and back
- Sweep the hands up and over head, palms pressed
- Elbows squeezed straight, shoulders relaxed down
- Tailbone tucked, bring pelvis to neutral position
- Navel drawn in, core strong



Be Watchful of

- Bent back leg
- Front knee drifting to either side
- Collapsing in lower back

Modification

- Bring the back knee to the floor if needed

Benefits

- Enhances balance and stability
- Opens hips
- Strengthens quadriceps
- Elongates vertebrae

Anatomy & Notes:

Revolving Crescent Lunge Parivrtta Alanasana

Getting into the Pose

- From Crescent Lunge, bring the palms together at heart center
- On an exhale, twist the torso and place the left elbow to the outside of the right knee
- Stack the elbows in one vertical line, thumbs to the heart's center
- Square and level the hips, stack the shoulders
- Keep rear leg strong and straight, actively reaching heel back
- Use elbow against knee to spiral upper body open, heart drawing long
- Gaze over right shoulder



Variations

Fly away –

- Left hand down to outside of right foot, left bicep or armpit over knee
- Right hand up, fingers spread wide, actively reaching
- Keep two hands and shoulders stacked top to bottom, rolling top shoulder and chest open

Bind –

- Right arm behind the back, left arm underneath, two hands clasp
- If two hands don't meet, reach right hand to left inner thigh
- Continue to roll open shoulder
- From navel to sternum rolling open, chin away from the chest
- Core engaged strong

- Rear leg solid straight and strong



Be Watchful of

- Bent rear leg
- Front knee drifting to either side

Modifications

- Release the rear knee to the mat

Benefits

- Rinses, revitalizes, detoxifies all the abdominal organs: Liver, kidneys, spleen, digestive system
- Creates opening in chest

Spinal Balancing from Plank

Getting into the Pose

- From Plank—upper push-up
- Extend right arm up in line with shoulder
- Extend left leg up and back in line with hip
- Left arm stacked in one line—shoulder, elbow, wrist
- Standing leg straight, drawing up on knee, quad
- Navel drawn in, core strong and solid
- Fingers reaching forward, heel reaching back
- Sternum reaching forward
- Hips in line with shoulders, not sagging

Be Watchful of

- Hips collapsing
- Shoulders collapsing

Modifications

- Lower knee directly underneath hip and release top of foot to the mat

Benefits

- Tones biceps and shoulders
- Strengthens abdominal core
- Strengthens thoracic and lumbar musculature

Anatomy & Notes:



Side Plank/Arm Balancing Vasisthasana

Getting into the Pose

- From Plank-upper pushup, roll over to right side of your body, stack the feet
- Place right wrist directly under right shoulder, press away from floor
- Heels in line with right wrist
- Keep hips lifted and core engaged strong
- Shoulders and hips stacked and open to the left side of room
- Left arm up, palm facing left wall, fingers spread wide, two hands in one line
- Glance up over left shoulder
- Stay lifted out of right shoulder



Variations

- Extend left arm towards front of room, bicep over the ear
- Raise left leg in line with left hip
- Grab left big toe with two fingers and draw foot straight up over hip
- Roll open left hip, two hips stacked
- Glance up over left shoulder



Be Watchful of

- Hips dropping/collapsing
- Right hand out in front of right shoulder, collapsing into shoulder
- Feet not stacked

Modifications

- Release the right knee directly underneath hip and place top of right foot flat on the mat
- Right wrist, knee, shin and foot, and left ankle all in one line, top of right foot on mat
- Glance down if needed



Benefits

- Tones biceps and shoulders
- Strengthens wrists and abdominal core
- Strengthens thoracic and lumbar musculature

Standing Hand to Foot Pose Uttihita Hasta Padangusthasana

Getting into the Pose

- From standing, shift weight to left leg
- Place left hand on left hip
- Pick up right big toe with right middle and index fingers
- Extend right leg straight out in front
- Keep hips level and square
- Shoulders stacked directly above hips, do not lean back
- Navel drawn in, strong core, lifting through heart
- Strong standing leg, pull up knee/thigh

Then:

- Bring both hands to hips
- Reach both arms up, shoulder width, palms face one another, pinky fingers rotate inward

Variation

- Glide lifted leg out to left, opening hips
- Glance over right shoulder

Be Watchful of

- Bent standing leg
- Hunching forward

Modifications

- Only extend lifted foot out to the extent that you can stay standing tall
- Hold lifted knee instead of toe

Benefits

- Strengthens standing leg, ankle, knee and core
- Opens the hamstrings and hips
- Increases balance

Anatomy & Notes:



Lord of the Dance Pose Natarajasana

Getting into the Pose

- From standing bring weight into left leg
- Place the right elbow at right hip, right palm face up
- Release right hand down, palm and inside of elbow faces the wall – do not twist wrist
- Pick up the right foot from the inside, all 5 fingers together
- Bring knees together so hips are level
- Lift left arm up, palm faces forward, bicep by the ear
- Simultaneously kick foot up and back while reaching forward, hinging at the hip
- Chin stays level, not tilting the head to one side
- Bring chest down and leg up
- Eventually lifted foot rises above head with two feet in one line
- Continue to try and straighten lifted leg, kicking into hand

Be Watchful of

- Improper grip
- Bent standing leg
- Swinging upper knee to the side

Modifications

- Kick leg back to comfortable level or not at all
- Lift the chest to alleviate tension

Benefits

- Instigates concentration, patience and breath
- Increases size and elasticity of rib cage and lungs
- Improves flexibility and strength of lower spine
- Strengthens abdomen and lower extremity muscles

Anatomy & Notes:



Balancing Stick Pose Tuladandasana

Getting into the Pose

- Come to middle of mat, feet together, toes and heels touching
- Inhale arms up overhead, palms pressed
- Interlace the fingers, release just the index fingers
- Shoulders relaxed down
- Take a big step forward with right leg, lock it out strong, left toes touching the mat
- Thrust upper body down as left leg lifts, simultaneously
- Hips square and level, shoulders parallel to floor
- Chest down, lengthen through the sternum
- Arms strong, biceps next to ears, fingers pointing towards front of room, not at floor



Be Watchful of

- Bent standing leg
- Arms sagging or fingers pointing towards floor
- Hips not level

Benefits

- Stretches the entire length of the spine
- Exercises pancreas, liver, spleen and nervous systems
- Improves balance
- Strengthens the heart muscle
- Strengthens and firms arms, hips, abdomen, buttocks and upper thighs
- Stretches capacity of the lungs

Anatomy & Notes:

Standing Splits Urdhva Prasarita Eka Edasana

Getting into the Pose

- From standing forward bend, bring both hands to the floor (bending the knees if necessary)
- Wrap right forearm around behind right calf, elbow behind the knee, hand grabbing back of ankle
- Place weight in right leg
- Lift left leg up and back
- Bring chest to knee, forehead to shin, head heavy, neck soft
- Keep left leg straight, try to straighten the right leg
- Continually lifting left leg up

Variation:

- Bring left hand to ankle as well, balancing on standing leg

Be Watchful of

- Glancing up, neck activated

Modifications

- Keep both hands on the mat
- Keep standing leg bent

Benefits

- Strengthens legs and ankles
- Stretches hamstrings
- Increases circulation to internal organs
- Opens hips

Anatomy & Notes:



Gorilla Pose Padahastasana

Getting into the Pose

- From forward fold, bring the feet hip-width apart and parallel
- Slide the hands underneath the feet so the toes touch the wrists
- Relax the head and neck, elongate the spine
- Bring forehead towards the shins
- Allow gravity to draw upper body down
- Using arm strength to further deepen the forward bend
- Continually lift hips up toward ceiling, lengthening legs
- Rock weight slightly forward, hips over ankles

Be Watchful of

- Activated neck, glancing up
- Jamming knees back

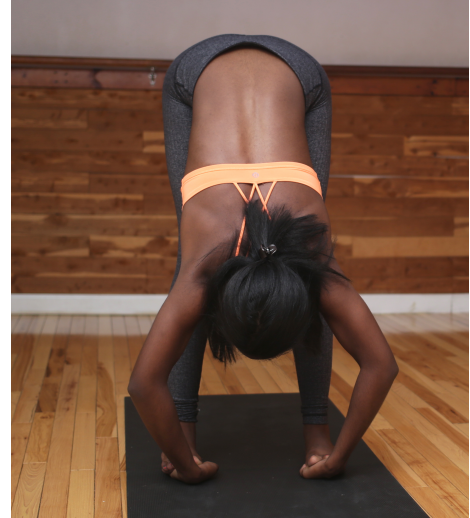
Modification

- Bend the knees as needed

Benefits

- Brings a flush of blood to central nervous system
- Lengthens sciatic nerves, tendons and leg muscles
- Increases the function of internal abdominal organs

Anatomy & Notes:



Half Pigeon Eka Pada Rajakapotasana

Getting into the Pose

- From Down Dog, step right foot in between hands
- Walk right foot, heel/toe over to left hand
- Lower right knee near right hand and relax the hip to the floor
- Knee should be wider than the hip and shoulder
- Relax top of the left thigh to mat, rotating left hip down and release top of foot down
- Level hips and square shoulders to front



- Gently lower upper body down over right leg, resting forearms on the mat
- Relax upper body and forehead all the way to floor if able
- Relax neck

Variation

- Bring left arm long under right armpit
- Roll open right shoulder, releasing right arm around the back grabbing for right foot

Be Watchful of

- Rolling over to one side
- Hips not level
- Front knee pointing forward between arms, not out to side past shoulder

Modifications

- Keep torso lifted and only go to appropriate depth
- Bring front foot back closer to hip
- Place a blanket or block under forward hip

Benefits

- Opens hips
- Stretches the thighs, groins and psoas, abdomen, chest and shoulders, and neck
- Stimulates the abdominal organs
- Opens the shoulders, chest and hips



All Fours – Spinal Balancing

Getting into the Pose

- From down dog, release to all fours
- Shoulders, and wrists stacked in one line, palms flat on the floor, fingers spread
- Hips over knees, tops of the feet flat on the floor
- Lengthening through the spine out the crown of head
- Lift right arm up, lengthen left leg back (opposite arm from leg), limbs long not bent
- Shoulders and hips square to the floor
- Navel drawn in, keep core strong (don't let belly droop)
- Eyes on mat, neck neutral

Awkward Airplane

- Bring right arm out to the right side of room
- Bring left leg to the left side of room in line with hip
- Rotate leg in hip socket so that the knee and toes face front of room
- Keep hips square, shoulders square
- Navel drawn in, core strong
- Lifting out of the left shoulder and right hip (not sinking into the limbs that are connected to the floor)

Grab Foot/Back Bend

- Bend the lifted knee and grab the foot from the inside beneath the toes
- Kick foot into hand, lifting leg, eventually foot comes up over head
- Lift heart to the sky (can glance up—body tends to follow eyes)
- Chin center, head straight, not tilting to the side

Be Watchful of

- Bending elbows and knees
- Alignment - keep hands directly under shoulders and knees directly under hips
- Collapsing into shoulder of standing arm - press away from the floor
- Hip of the straight leg coming up - keep both hips square to the ground
- Soft core, swaying in the spine

Benefits

- Strengthens core and spine
- Strengthens and brings balance to the back and spine muscles
- Lengthens the spine
- Strengthens the abdomen, shoulders and arms
- In awkward airplane - strengthens the hip
- In back bend/grabbing foot - stretches shoulder and thigh (quadriceps)



Superwoman/Superman Pose Locust Variations Salabhasana



Getting into the Pose

- Lower whole body to the floor, face down
- Extend arms out in front, legs long behind
- Arms shoulder width apart, palms face one another, fingers spread wide

- On inhale, lift arms up, legs up
- Reaching from ribcage to fingertips forward—from hip joints to toes reaching back
- Elbows and legs straight
- Lifting ribs and thighs off the mat

Variations:

- Full locust: Draw arms out to the side and back along hips, palms face down like airplane wings
- Alligator: From locust bring hands behind the back, interlace the fingers, squeeze the palms together, hands off the buttocks and reach the knuckles towards the back of the room



Be Watchful of

- Bending arms and legs
- Straining neck

Modifications

- Don't force, lift only to appropriate height
- Gaze down for issues with the neck or cervical spine



Benefits

- Strengthens the muscles of the spine, buttocks, and backs of legs
- Stretches the shoulders, chest, belly, and thighs
- Improves posture
- Stimulates abdominal organs
- Helps relieve stress

Floor Bow Dhanurasana

Getting into the Pose

- Lying on the floor belly down
- Bend knees and grab feet from the outside, directly under toes
- On an inhale, lift chest and thighs off the floor
- Kick feet into hands, lifting heels away from the buttocks
- Glance up if comfortable, body tends to follow eyes
- Roll forward slightly as feet kick higher
- Keeping legs relatively parallel, knees in line with hips (two wheels - one base)



Be Watchful of

- Knees spreading far to outside
- Straining neck

Modifications

- Don't force, lift only to appropriate height
- Gaze down for issue with the neck or cervical spine

Benefits

- Stretches the entire front of the body, ankles, thighs and groins, abdomen and chest, and throat, and deep hip flexors (psoas)
- Strengthens the back muscles
- Improves posture
- Stimulates the organs of the abdomen

Anatomy & Notes:

Camel Pose Ustrasana

Getting into the Pose

- Stand on knees hips-width apart
- Bring hands to lower back (right above buttocks/hips) fingers pointing down
- Inhale lift up and out of the base of the spine and gently release the head back
- Lift through the heart, press hips/pelvis forward
- Upper, middle, lower back back-bending
- If comfortable progressing, bring hands to heels with the fingers on the inside, thumbs on the outside
- Draw shoulder blades together and down
- Continue to press hips forward, and lift through the heart

Be Watchful of

- Hips collapsing back
- Straining neck

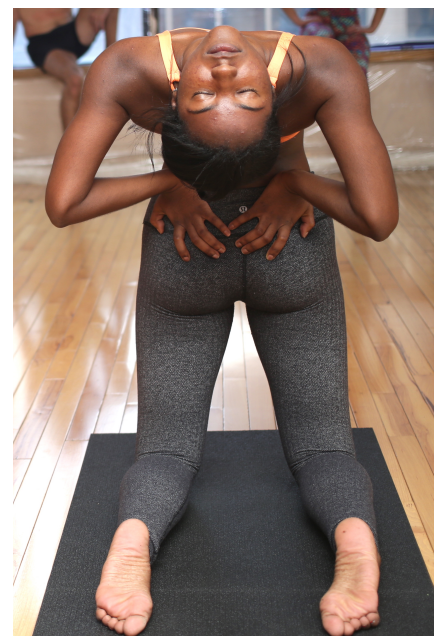
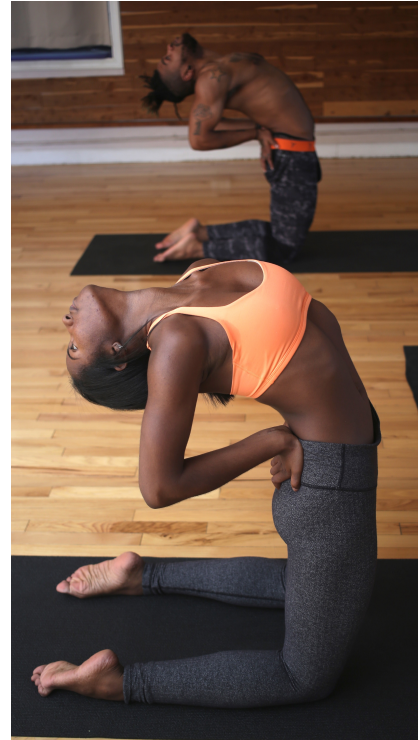
Modifications

- Keep hands on hips
- Keep neck long instead of releasing head back
- Come to the balls of feet to lift heels

Benefits

- Releases hip flexors, and psoas
- Opens abdominal wall, chest, pectorals, shoulders
- Releases emotional center

Anatomy & Notes:



Seated Forward Fold Paschimottanasana

Getting into the Pose

- From seated position, extend the legs in front of you, legs together
- Rock weight forward off of sit bones
- Inhale arms up overhead - palms face each other
- Exhale reach forward, hinging at the hips
- Grab the feet with both hands, bending knees if necessary
- Flex the feet back toward the face
- Gaze downward, relax neck and shoulders
- Draw the chest forward, spine long

Be Watchful of

- Hunched shoulders

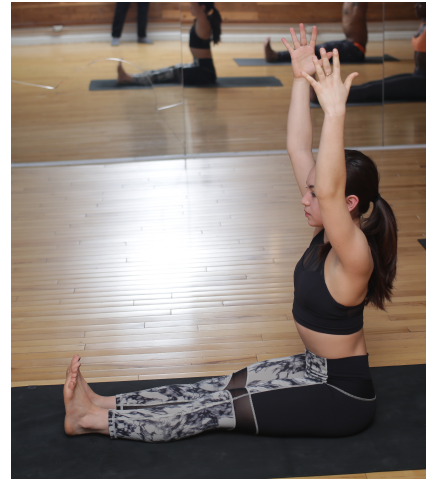
Modifications

- Bend the knees as needed
- Grab anywhere on the legs, or place hands on the floor

Benefits

- Calms the brain and helps relieve stress and mild depression
- Stretches the spine, shoulders and hamstrings
- Stimulates the liver, kidneys, ovaries and uterus
- Improves digestion

Anatomy & Notes:



Seated Butterfly – Bound Angle Baddha Konasana

Getting into the Pose

- From sitting bring soles of feet together, knees butterfly open
- Interlace hands around the feet
- Inhale lift out of the base of the spine, heart lifted, exhale forward fold
- Draw feet in as close to groin as possible
- Walk hands forward to the front of the mat, hinging forward from hips not waist
- Head heavy, neck relaxed
- Can use elbows to apply gentle pressure to knees

Be Watchful of

- Forcing knees down

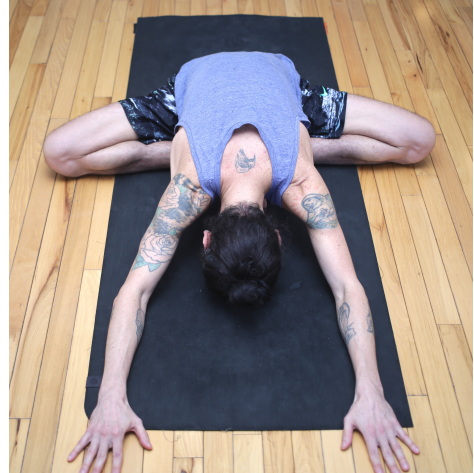
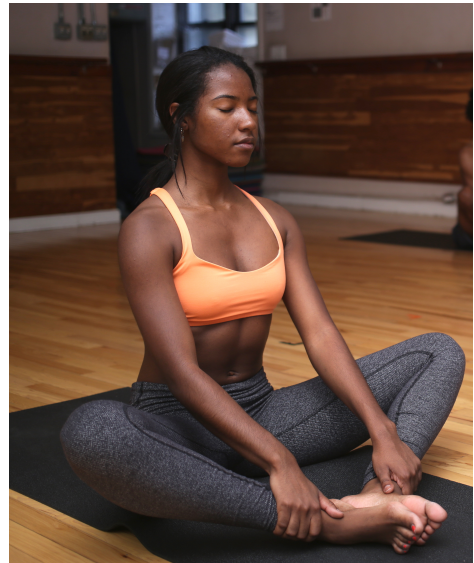
Modifications

- Sit on a blanket or block if hips are tight
- Grab shins instead of feet

Benefits

- Stimulates abdominal organs, ovaries and prostate gland, bladder, and kidneys
- Improves general circulation
- Stretches the inner thighs, groin, and knees
- Soothes menstrual discomfort and sciatica
- Helps relieve the symptoms of menopause
- Therapeutic for flat feet, high blood pressure, infertility, and asthma
- Consistent practice of this pose until late into pregnancy is said to help ease childbirth.

Anatomy & Notes:



Bridge Pose Setu Bandha Sarvangasana

Getting into the Pose

- Lie on the back, bend the knees, soles of the feet on the mat, heels close to the buttocks
- Bring the feet hip-width apart, stack the knees over ankles
- Either grab the ankles or interlace the hands underneath the torso
- Lift the hips, pressing the navel towards the ceiling
- Walk the shoulders together underneath you
- Keep the arms straight and on the floor
- Draw the chest to the chin and lengthen the back of the neck
- NEVER turn the head to either side



Be Watchful of

- Splaying knees and feet out

Modifications

- Lift hips halfway up as needed
- Press hands to the floor

Benefits

- Opens chest, increasing lung capacity
- Lengthens abdominal wall
- Tones glutes and thighs
- Stabilizes and releases lower back



Anatomy & Notes:

Wheel Urdhva Dhanurasana

Getting into the Pose

- After bridge, with knees still bent and feet on floor, bring heels back towards buttocks
- Place hands over the shoulders, palms to the mat beside the ears
- Press palms into the mat and soles of the feet into the floor, lift the hips towards the sky

Variations:

- Lift one leg up then the other
- Inverted push-ups - crease the elbows then squeezing them straight



Be Watchful of

- Splaying knees and feet out
- Instability or lack of strength to hold pose

Modifications

- Do bridge pose again instead of wheel

Benefits

- Stretches the chest and lungs
- Strengthens the arms and wrists, legs, buttocks, abdomen, and spine
- Stimulates the thyroid and pituitary
- Increases energy and counteracts depression
- Therapeutic for asthma, back pain, infertility, and osteoporosis

Anatomy & Notes:

ABS

Hands to mat, legs lift

- From seated place palms (or elbows and forearms) to the mat next to the hips, fingers facing forward
- Balancing on sit bones, with legs together, lift legs up
- Keep legs straight and long
- Spine is straight, lifting through the heart
- On the exhale, lower legs to just above the mat, maintaining some resistance
- On inhale, engage core and lift legs towards sky



Be Watchful of

- Using momentum to raise and lower legs, rather than core strength

Modifications

- Lower elbows and forearms to the mat

Legs Up, Palms Pressed

- Balancing on the sit bones, lift legs up together
- Extend arms out in front of you, palms pressed, elbows straight
- Legs straight, or bend knees if needed
- Keep spine straight and long, lifting through heart
- Engage core strong, draw navel in
- On inhale, lift arms up and over to the right side, keeping elbows straight
- Glancing over shoulder (body tends to follow eyes)
- Come back to center—inhale arms up and over to the left



Be Watchful of

- Collapsing in lower back

Modifications

- Bend knees

Boat - Legs Up, Hands Shoulder-width

- Balance on sit bones
- Arms extended forward, shoulder-width apart, palms facing one another
- On inhale, draw knees in to chest without holding them
- Heart lifting towards sky (long spine), navel drawn in
- On exhale, lengthen legs out long while lowering the upper body toward mat
- Use the core muscles for movement, not momentum
- Inhale draw knees in, exhale lengthen out long



Be Watchful of

- Collapsing in lower back

Modifications

- Bend knees
- Don't lower as far



Bicycle Crunches

- Laying down on mat, bring knees up at a 90° angle
- Interlace the fingers behind the head, elbows wide
- Begin, bringing opposite elbow to opposite knee
- Lifting upper body up towards knee, simultaneously lengthening opposite leg
- Keep chin lifted, neck long
- Keep core engaged, move from the core, not simply rocking back and forth

Be Watchful of

- Cranking on the neck

Modifications

- Can move fast or slow



Legs Straight Up

- Lie down on mat, feet up, heels over hips at a 90 degree angle
- Feet flexed toes point towards face
- Fingers interlaced behind the head, elbows stay wide
- Keeping the lower back pressed into the floor, lift the upper body up—chest lifts towards the toes
- Navel drawn in strong

Be Watchful of

- Cranking on the neck

Modifications

- Can move fast or slow



Elliptical

- Lie down on mat, legs together, feet about a foot off the floor
- Place palms to the floor or underneath tailbone/hips making a triangle with the hands cushioning the tailbone/hips
- Keeping legs together (and straight)—draw the feet to the right side of the mat, lower down so the heels near the mat, back to center, over to the left side of the mat, and back up to center
- Elliptical (oval shaped) movements with the legs
- Alternate going to the right, then to the left

Be Watchful of

- Lower back not supported
- Large circular movements

Modifications

- Use a blanket under lower back for support

Lying Spine Twist Jathara Parivrittisana

Getting into the Pose

- From corpse pose, inhale the right knee into the chest, interlacing the hands over the knee
- Exhale, bring knee across the body to the left
- Do not press knee down to floor, gently allow it to fall with gravity
- Release right arm out to the right
- Both shoulders stay on the floor
- Glance over right shoulder
- Breathe deeply, gravity allows body to deepen into the stretch
- Keep spine straight, one line from top of head to tail bone



Be Watchful of

- Crooked spine
- Putting pressure on outside of knee
- Right shoulder lifting

Modifications

- Place a blanket or block under knee
- Place a blanket under right shoulder if struggle to keep shoulder down



Benefits

- Opens the front of the shoulder and the chest
- Opens the back and side of the hip
- Lengthens the legs and arms
- Twists through the abdomen to gently stimulate abdominal organs

Anatomy & Notes:

Lying Butterfly Supta Baddha Konasana

Getting into the Pose

- Laying on mat, bring soles of feet together
- Knees butterfly open
- Interlace the hands around the feet
- Draw heels inward
- Back of head stays on the mat
- Tuck chin slightly
- Tailbone reaching towards the floor



Be Watchful of

- Head lifted off mat
- Forcing knees open

Modifications

- Grab ankles or shins if hips are tight

Benefits

- Stimulates abdominal organs
- Opens hips
- Stretches the inner thighs, groins, and knees
- Soothes menstrual discomfort and sciatica
- Helps relieve the symptoms of menopause



Anatomy & Notes:

Happy Baby / Dead Bug Ananda Balasana / Urdhva Mukha Upavista Konasana

Getting into the Pose

- Laying on mat, bring knees to the chest and feet up
- Grab the soles of the feet either from inside or outside
- Bring knees wider than torso and gently draw them down
- Keep ankles over knees
- Back of head stays on the mat, chin tucked slightly, keep the spine long
- Tailbone reaches towards the floor

Variations:

- Can rock side to side

Be Watchful of

- Head lifted off mat
- Forcing knees down
- Tailbone lifting high off mat

Modifications

- Grab ankles or shins

Benefits

- Gently stretches the inner groin
- Brings length to hips, thighs and hamstrings
- Releases the lumbar spine
- Calms the brain, decreases the heart rate
- Helps relieve stress and fatigue

Anatomy & Notes:



Plow

Halasana

Getting into the Pose

- From lying, draw legs up and bring toes over head to floor behind
- Extend legs straight, draw hips over shoulders
- Draw shoulder blades together
- Place hands to lower back, resting on triceps and elbows
- Keep torso perpendicular to floor if possible
- Never turn head sideways

Variations:

- Lengthen arms on mat and/or interlace the fingers and press forearms into the floor

Deaf Man's Pose:

- Bend knees and place them next to ears

Be Watchful of

- Turning head
- Lower back collapsing

Modifications

- Support lower back with hands
- Place blanket under shoulders

Benefits

- Calms the brain
- Stimulates the abdominal organs and the thyroid gland
- Stretches the shoulders and spine
- Reduces stress and fatigue
- Therapeutic for backache, headache, infertility, insomnia, sinusitis

Anatomy & Notes:



Shoulder Stand Salamba Sarvangasana

Getting into the Pose

- From lying, engage the core and draw legs up to sky
- Balance on the shoulder blades, support lower back with hands
- Feet over hips, spine long and straight
- Never turn head sideways



Variations:

- Can lengthen arms on mat and/or interlace the fingers and pressing forearms into the floor

Be Watchful of

- Turning head
- Lower back collapsing

Modifications

- Support lower back with hands
- Place blanket under shoulders

Benefits

- Calms the brain, reduces fatigue and helps relieve stress
- Stimulates the thyroid and prostate glands and abdominal organs
- Stretches the shoulders and neck
- Tones the legs and buttocks
- Improves digestion



Anatomy & Notes:

Corpse Pose Savasana

The final posture in our vinyasa class, corpse pose's depth comes as a by-product of a student's efforts and awareness throughout the class, allowing the body and mind to begin penetrating into its deeper states of relaxation. Students are encouraged to "thank themselves" by staying in savasana for at least two minutes, in order to soak up the benefits of the practice.



Getting into the Pose

- Lie flat on the back
- Extend the legs, ankles spill open
- Bring the arms out to the side with the palms facing up
- Release the lumbar spine to the mat
- Allow the body to relax completely, be heavy
- Close the eyes
- Quiet the mind, focus on the breath

Benefits

- Deepens the breath
- Relaxes the body
- Calms the brain and helps relieve stress and mild depression
- Reduces headache, fatigue, and insomnia
- Helps to lower blood pressure
- Carries body deep into relaxation



Anatomy & Notes: